

2007-08 California Physical Fitness Test (Fitnessgram) Results of Grade 9 Students at Selected Schools

School	Group	Grade 9 End of Year Enrollment			2007-08 Grade 9 California Physical Fitness Test Results (Fitnessgram) ¹												
		Total EOY Gr 9 Enrt	Without Fitnessgram Scores	With Fitnessgram Scores	Average Fitnessgram Score (Range: 0 to 6)	Percent of Students Meeting 5 or 6 HFZs	Percent Distribution of Students by Number of Healthy Fitness Zones (HFZs) Met ²										Total
							0 HFZ	1 HFZs	2 HFZs	3 HFZs	4 HFZs	5 HFZs	6 HFZs				
District (excluding charter schools)	Band	169	14	155	4.6	69.7	11.6	0.0	1.9	3.9	12.9	24.5	45.2	100.0			
	JROTC	669	27	642	3.6	35.8	10.7	4.4	9.3	14.3	25.4	24.8	11.1	100.0			
	Mixed	269	10	259	3.5	30.1	9.3	6.9	8.9	17.4	27.4	16.2	13.9	100.0			
	None	520	199	321	1.8	15.6	52.0	5.0	5.9	9.0	12.5	11.8	3.7	100.0			
	PE	8092	351	7741	4.1	51.6	6.6	3.5	7.8	12.4	18.0	24.3	27.3	100.0			
	All	9719	601	9118	4.0	48.9	8.7	3.7	7.8	12.4	18.5	23.6	25.3	100.0			
Comprehensive High Schools																	
Clairemont High	Band	5	1	4													
	None	9	1	8													
	PE	446	8	438	4.2	50.0	3.0	2.7	10.7	14.6	18.9	24.9	25.1	100.0			
	All	460	10	450	4.1	48.7	5.6	2.7	10.4	14.2	18.4	24.2	24.4	100.0			
Crawford CHAMPS	JROTC	11	1	10	2.3	0.0	10.0	0.0	50.0	30.0	10.0	0.0	0.0	100.0			
	Mixed	2		2													
	None	25	12	13	3.0	15.4	7.7	7.7	0.0	61.5	7.7	15.4	0.0	100.0			
	PE	61	3	58	3.4	25.9	8.6	3.4	10.3	22.4	29.3	22.4	3.4	100.0			
	All	99	16	83	3.2	20.5	8.4	3.6	13.3	28.9	25.3	18.1	2.4	100.0			
Crawford IDEA	JROTC	11		11	2.2	9.1	27.3	9.1	18.2	18.2	18.2	9.1	0.0	100.0			
	Mixed	6		6													
	None	9	2	7													
	PE	91	10	81	3.4	27.2	7.4	4.9	12.3	22.2	25.9	18.5	8.6	100.0			
	All	117	12	105	3.1	22.9	16.2	4.8	11.4	21.0	23.8	16.2	6.7	100.0			
Crawford Law and Business	JROTC	10		10	1.5	10.0	50.0	10.0	10.0	10.0	10.0	10.0	0.0	100.0			
	Mixed	3		3													
	None	18	3	15	2.2	13.3	46.7	0.0	6.7	0.0	33.3	6.7	6.7	100.0			
	PE	68	8	60	3.6	31.7	1.7	1.7	18.3	28.3	18.3	28.3	3.3	100.0			
	All	99	11	88	3.0	25.0	15.9	2.3	17.0	20.5	19.3	21.6	3.4	100.0			

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							0 HFZ	1 HFZs	2 HFZs	3 HFZs	4 HFZs	5 HFZs	6 HFZs		
Crawford Multimedia & Vis Arts	JROTC	6	2	4											
	Mixed	4	1	3											
	None	18	14	4											
	PE	90	9	81	3.5	27.2	1.2	7.4	12.3	29.6	22.2	18.5	8.6	100.0	
	All	118	26	92	3.4	25.0	3.3	6.5	14.1	28.3	22.8	16.3	8.7	100.0	
Henry High	Band	31		31	5.4	87.1	0.0	0.0	0.0	3.2	9.7	35.5	51.6	100.0	
	JROTC	84		84	3.7	45.2	19.0	2.4	2.4	8.3	22.6	25.0	20.2	100.0	
	Mixed	2		2											
	PE	597	69	528	4.5	59.8	3.8	1.5	4.9	9.3	20.6	32.8	27.1	100.0	
	All	714	69	645	4.4	59.1	5.7	1.6	4.5	8.8	20.3	31.8	27.3	100.0	
Hoover High	Band	3		3											
	JROTC	48	2	46	2.8	39.1	39.1	0.0	4.3	8.7	8.7	21.7	17.4	100.0	
	Mixed	8		8											
	None	39	13	26	0.2	0.0	92.3	3.8	0.0	0.0	3.8	0.0	0.0	100.0	
	PE	534	29	505	3.9	46.3	9.1	2.6	8.5	14.5	19.0	25.9	20.4	100.0	
All	632	44	588	3.6	43.0	15.8	2.4	7.8	13.1	17.9	24.1	18.9	100.0		
Kearny Construction Tech	JROTC	11		11	3.4	27.3	0.0	9.1	18.2	27.3	18.2	27.3	0.0	100.0	
	Mixed	14		14	4.1	28.6	0.0	0.0	0.0	21.4	50.0	21.4	7.1	100.0	
	None	3		3											
	PE	109		109	4.1	40.4	1.8	0.9	11.0	19.3	26.6	22.9	17.4	100.0	
	All	137	0	137	3.9	37.2	3.6	1.5	10.2	19.7	27.7	22.6	14.6	100.0	
Kearny Digital Media & Design	JROTC	9		9											
	Mixed	1		1											
	None	29	2	27	3.6	29.6	3.7	3.7	14.8	18.5	29.6	25.9	3.7	100.0	
	PE	92		92	4.4	52.2	1.1	2.2	4.3	17.4	22.8	28.3	23.9	100.0	
	All	131	2	129	4.2	46.5	1.6	3.1	7.0	18.6	23.3	28.7	17.8	100.0	
Kearny International Business	JROTC	28	1	27	3.1	29.6	7.4	11.1	25.9	11.1	14.8	25.9	3.7	100.0	
	Mixed	18	1	17	3.3	23.5	5.9	17.6	0.0	23.5	29.4	17.6	5.9	100.0	
	None	6	1	5											
	PE	60	4	56	4.5	60.7	0.0	0.0	5.4	16.1	17.9	44.6	16.1	100.0	
	All	112	7	105	3.7	43.8	7.6	5.7	9.5	15.2	18.1	33.3	10.5	100.0	

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							0 HFZ	1 HFZs	2 HFZs	3 HFZs	4 HFZs	5 HFZs	6 HFZs		
Kearny SCT	JROTC	12	1	11	3.1	27.3	9.1	18.2	9.1	9.1	27.3	27.3	0.0	100.0	
	None	8	3	5											
	PE	95	2	93	2.7	17.2	8.6	19.4	20.4	18.3	16.1	14.0	3.2	100.0	
	All	115	6	109	2.7	17.4	9.2	20.2	20.2	16.5	16.5	14.7	2.8	100.0	
La Jolla High	PE	429	11	418	5.0	79.2	5.7	2.6	1.0	2.9	8.6	25.4	53.8	100.0	
	All	429	11	418	5.0	79.2	5.7	2.6	1.0	2.9	8.6	25.4	53.8	100.0	
Lincoln	Band	4		4											
	JROTC	45	1	44	3.0	25.0	15.9	9.1	13.6	11.4	25.0	18.2	6.8	100.0	
	Mixed	15		15	2.5	20.0	26.7	13.3	6.7	20.0	13.3	6.7	13.3	100.0	
	None	48	9	39	0.5	5.1	87.2	2.6	0.0	2.6	2.6	5.1	0.0	100.0	
	PE	552	6	546	3.0	32.8	23.1	6.2	10.1	13.7	14.1	16.3	16.5	100.0	
	All	664	16	648	2.9	30.1	27.0	6.3	9.6	13.0	14.0	15.4	14.7	100.0	
Madison High	Band	5		5											
	JROTC	61		61	3.0	13.1	8.2	8.2	21.3	14.8	34.4	11.5	1.6	100.0	
	Mixed	9	1	8											
	None	21	2	19	4.3	52.6	0.0	5.3	5.3	15.8	21.1	31.6	21.1	100.0	
	PE	251	10	241	4.4	56.4	2.1	2.1	9.1	10.8	19.5	27.8	28.6	100.0	
	All	347	13	334	4.1	47.0	3.3	3.3	10.8	12.0	23.7	24.3	22.8	100.0	
Mira Mesa High	Band	49		49	5.7	95.9	2.0	0.0	0.0	0.0	2.0	14.3	81.6	100.0	
	JROTC	62	2	60	4.5	56.7	0.0	3.3	6.7	5.0	28.3	38.3	18.3	100.0	
	Mixed	16	1	15	4.5	60.0	6.7	0.0	6.7	13.3	13.3	20.0	40.0	100.0	
	None	4	3	1											
	PE	593	11	582	4.6	61.2	3.6	1.4	4.3	11.0	18.6	27.8	33.3	100.0	
	All	724	17	707	4.6	63.1	3.4	1.4	4.2	9.8	18.1	27.6	35.5	100.0	
Mission Bay High	Mixed	30		30	3.2	20.0	13.3	3.3	16.7	20.0	26.7	6.7	13.3	100.0	
	None	13	1	12	0.4	8.3	91.7	0.0	0.0	0.0	0.0	8.3	0.0	100.0	
	PE	414	8	406	3.8	39.9	9.9	2.2	7.4	16.3	24.4	25.1	14.8	100.0	
	All	457	9	448	3.6	37.7	12.3	2.2	7.8	16.1	23.9	23.4	14.3	100.0	

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							0 HFZ	1 HFZs	2 HFZs	3 HFZs	4 HFZs	5 HFZs	6 HFZs	Total		
Morse High	Band	9	9	0												
	JROTC	94	6	88	3.6	26.1	6.8	2.3	6.8	26.1	31.8	17.0	9.1	100.0		
	Mixed	7	1	6												
	None	23	21	2												
	PE	575	34	541	3.6	39.2	12.6	5.2	8.3	12.2	22.6	22.6	16.6	100.0		
	All	708	71	637	3.6	37.0	12.6	4.7	8.0	14.0	23.7	21.7	15.4	100.0		
Point Loma High	Band	17		17	4.5	64.7	5.9	0.0	5.9	11.8	11.8	35.3	29.4	100.0		
	JROTC	36	5	31	4.1	38.7	6.5	3.2	0.0	9.7	41.9	25.8	12.9	100.0		
	Mixed	14		14	4.4	42.9	0.0	0.0	7.1	21.4	28.6	14.3	28.6	100.0		
	None	12	2	10	2.4	40.0	50.0	0.0	0.0	0.0	10.0	40.0	0.0	100.0		
	PE	468	10	458	4.8	65.7	2.2	1.1	6.6	9.4	15.1	21.6	44.1	100.0		
	All	547	17	530	4.6	63.0	3.4	1.1	6.0	9.6	16.8	22.5	40.6	100.0		
San Diego Business	JROTC	1	1	0												
	None	27	4	23	2.2	17.4	43.5	0.0	8.7	4.3	26.1	17.4	0.0	100.0		
	PE	132	9	123	1.9	4.1	17.9	24.4	27.6	16.3	9.8	4.1	0.0	100.0		
	All	160	14	146	1.9	6.2	21.9	20.5	24.7	14.4	12.3	6.2	0.0	100.0		
San Diego CIMA	JROTC	1		1												
	None	12	1	11	1.8	18.2	36.4	27.3	9.1	0.0	9.1	9.1	9.1	100.0		
	PE	95	12	83	3.8	33.7	3.6	7.2	7.2	10.8	37.3	21.7	12.0	100.0		
	All	108	13	95	3.6	32.6	7.4	9.5	7.4	9.5	33.7	21.1	11.6	100.0		
San Diego Int'l Studies	JROTC	2		2												
	Mixed	4		4												
	None	5		5												
	PE	133	4	129	4.8	63.6	0.8	1.6	2.3	11.6	20.2	25.6	38.0	100.0		
	All	144	4	140	4.7	62.1	2.1	1.4	3.6	11.4	19.3	25.0	37.1	100.0		
San Diego LEADS	JROTC	44		44	4.0	34.1	0.0	4.5	6.8	20.5	34.1	18.2	15.9	100.0		
	Mixed	96	1	95	3.7	30.5	0.0	10.5	10.5	22.1	26.3	21.1	9.5	100.0		
	None	6	3	3												
	PE	15	3	12	1.3	16.7	66.7	0.0	8.3	0.0	8.3	16.7	0.0	100.0		
	All	161	7	154	3.5	29.9	7.1	7.8	9.1	19.5	26.6	19.5	10.4	100.0		

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							0 HFZ	1 HFZs	2 HFZs	3 HFZs	4 HFZs	5 HFZs	6 HFZs	Total		
San Diego MVP Arts	Band	3		3												
	JROTC	1		1												
	Mixed	2	1	1												
	None	32	4	28	1.0	10.7	67.9	10.7	3.6	3.6	3.6	7.1	3.6	100.0		
	PE	126	8	118	3.1	26.3	13.6	8.5	12.7	18.6	20.3	19.5	6.8	100.0		
	All	164	13	151	2.6	23.2	25.2	9.3	10.6	15.2	16.6	17.2	6.0	100.0		
San Diego Science & Technology	Band	3	3	0												
	JROTC	2		2												
	Mixed	1	1	0												
	None	10	7	3												
	PE	128	8	120	3.1	23.3	5.0	8.3	25.0	23.3	15.0	19.2	4.2	100.0		
	All	144	19	125	3.1	23.2	6.4	8.0	24.0	23.2	15.2	19.2	4.0	100.0		
Scripps Ranch High	Band	12		12	4.4	58.3	8.3	0.0	0.0	0.0	33.3	41.7	16.7	100.0		
	JROTC	29		29	5.0	82.8	0.0	0.0	3.4	6.9	6.9	48.3	34.5	100.0		
	Mixed	10		10	4.7	60.0	0.0	10.0	0.0	0.0	30.0	20.0	40.0	100.0		
	None	3	1	2												
	PE	563	12	551	5.3	83.8	2.4	0.7	0.9	3.8	8.3	21.1	62.8	100.0		
	All	617	13	604	5.2	82.6	2.6	0.8	1.0	3.8	9.1	22.7	59.9	100.0		
Serra High	Band	18	1	17	5.0	64.7	0.0	0.0	0.0	5.9	29.4	23.5	41.2	100.0		
	JROTC	54	4	50	4.1	44.0	0.0	2.0	4.0	16.0	34.0	44.0	0.0	100.0		
	Mixed	4	2	2												
	None	6	4	2												
	PE	469	15	454	4.7	64.5	1.5	2.0	4.8	9.7	17.4	29.3	35.2	100.0		
	All	551	26	525	4.6	62.1	1.9	1.9	4.6	10.1	19.4	30.3	31.8	100.0		
University City High	Band	10		10	4.1	50.0	0.0	0.0	20.0	0.0	30.0	50.0	0.0	100.0		
	None	5	2	3												
	PE	479	6	473	4.1	46.5	1.5	3.2	11.0	15.9	22.0	25.8	20.7	100.0		
	All	494	8	486	4.1	46.5	1.6	3.1	11.3	15.4	22.0	26.3	20.2	100.0		

¹ Results are suppressed when the denominator is less than 10.

² The six Healthy Fitness Zones are: aerobic capacity, body composition, abdominal strength, trunk strength, upper body strength, flexibility.